





PARTICIPATE IN SKATE PARK "COMMUNITY BUILD"...PAGE 3
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\*NEW\* CAMP ADVENTURE SUMMER CAMP ... PAGE 10



# Are you ready for summer?





## School is out...camps are in!

We are excited to offer a variety of summer camp options! There is a menu of sports camps to choose from, a huge variety of Bricks 4 Kids camps, and our all new Camp Adventure program for 6th through 9th graders.

## Special events all summer long

Don't miss our signature summer event - the Covington Days Festival, July 16 and 17! We also have our Summer Splashtacular, the popular summer concerts in the park, KidsFest, an outdoor family movie night, and even an event just for adults - Sausage & Cider Fest. You can find these event dates on the back cover of this guide.

## Help coach & referee youth athletics

Our youth athletics programs wouldn't be as successful without the contributions of our volunteer coaches! And, the more coaches we have, the more teams can be established so all kids have the opportunity to play. If you are interested in becoming a volunteer coach for our upcoming summer flag football league, complete a form at www.nflflag.com/form/coach. Anyone interested in becoming a flag football referee should contact Sean at sconway@covingtonwa.gov.

**On the Cover:** Two boys compete in the city's annual Watermelon Eating Contest during the Covington Days Festival in July 2015. Covington Days is the largest community event held in the city. We hope to see you there on July 16 and 17!

# Parks Spotlight: Gerry Crick Skate Park

Love skateboarding? Love parks? Or just love your community? Then you won't want to miss out on an exciting volunteer opportunity to help with a community-build installation at the Gerry Crick Skate Park.

Located on 164th Avenue between Kentwood High and Mattson Middle Schools, the Skate Park is slated for a renovation this summer including replacement of all skate park equipment pieces. This renovation is made possible by a community partnership with MultiCare Hospital Covington and a King County Youth Sports Facility Grant.

The project's new design was reviewed and approved by the Parks and Recreation Commission and City Council and is now in the permitting phase. Stay tuned for details about the community-build event!



## COVINGTON PARKS & RECREATION

### **Covington City Hall**

16720 SE 271st St. Covington, WA 98042 (253) 480-2400

### **Covington Aquatic Center**

18230 SE 240th St. Covington, WA 98042 (253) 480-2480

## **Covington Community Park**

17649 SE 240th St. Covington, WA 98042

#### **CONNECT WITH THE CITY**







Facebook/CityofCovington Twitter/CovingtonWash CovingtonPulse.wordpress.com

## Things You Need to Know

#### **THREE WAYS TO REGISTER**

#### 1. REGISTER ONLINE 24/7

www.covingtonwa.gov/parks
Online payments can only be
made by credit or debit card.
\*Please note there is a third party
nonrefundable processing fee for
each online registration.

#### 2. REGISTER BY PHONE

(253) 480-2480 Monday-Friday 8:30 a.m.-8:30 p.m. Saturday 8:30 a.m.-2:30 p.m. Sunday 9:30 a.m.-1:30 p.m.

#### 3. REGISTER IN PERSON

Parks and recreation offices are located inside the Covington Aquatic Center at 18230 SE 240th Street Covington, WA 98042 Monday-Friday 8:30 a.m.-8:30 p.m. Saturday 8:30 a.m.-1:30 p.m. Sunday 9:30 a.m.-1:30 p.m.

#### **REGISTER EARLY!**

If a program does not meet its minimum student enrollment, then it may need to be cancelled. We encourage you to register early for programs you would like to join. If a program is cancelled, registered participants will receive a refund.

#### **PHOTOGRAPHY**

Photographs and video may be taken of participants of classes and programs and may be used for publicity purposes.

## ATHLETICS WEATHER HOTLINE

Call the Parks and Recreation
Weather Hotline at (253) 480.2490 for
weather related program cancellations.
You can also speak to a staff member
at the registration desk by calling (253)
480-2480 extension 0.

## **Athletics**

## **YOUTH ATHLETICS**



#### SUMMER FLAG FOOTBALL

We are proud to offer coed flag football league again this summer! This league is powered by USA Football and NFLPlay60 and aims to provide an opportunity for kids to sharpen skills and broaden their knowledge of football with an emphasis on fun, participation, and sportsmanship.

Practices start the last week of June. Games will be played at Covington Community Park (across from Tahoma High School) on Saturdays starting July 9 and ending Aug. 27. There may be a weekday game or two. On July 16, there will be a punt, pass and kick competition instead of games. Registration closes June 10.

Want to coach? We need volunteer coaches!
Complete a form at www.nflflag.com/form/coach

Players will receive an NFL team jersey and flag belt, but must provide their own mouth guards.

Class	Age	Date	Day	Fee
21990	Kindergarten	7/9-8/27	Saturdays	\$70
21991	1st-2nd Grades	7/9-8/27	Saturdays	\$70
21992	3rd-4th Grades	7/9-8/27	Saturdays	\$70
21993	5-6th Grades	7/9-8/27	Saturdays	\$70
21994	7th-8th Grades	7/9-8/27	Saturdays	\$70

#### **FALL SOCCER**

The goal of our coed youth soccer league is to provide an opportunity for recreational soccer players to sharpen their skills and broaden their knowledge of soccer with an emphasis on fun, participation and sportsmanship.

Games are held on Saturdays at Covington Community Park and Kentwood High School beginning Sept. 10 and ending Oct. 29. There may be an occasional weekday game and practices are held weekday afternoons/evenings at local elementary schools. Registration opens June 14.

Fees: Toddler \$55; Pre-K-2nd Grades \$63; 3rd-8th Grades \$73

#### **FALL VOLLEYBALL**

Your child will have the chance to learn and sharpen their volleyball skills with emphasis on fun, participation, and sportsmanship in our coed league. Practices are held one day a week on weekday afternoons/evenings at local schools. Games are played on Saturdays at Cedar Heights Middle School.

Registration opens June 21 with games beginning Nov. 5 and ending Dec. 17.

Fees: 2nd-8th Grades \$63



## **Summer '16 - Spring '17 Youth Athletics Schedule**

SPORT	REG. OPENS	REG. CLOSES	FIRST GAME	SEASON ENDS
Flag Football	Mid March	Early June	July 9	August 27
Fall Soccer	Mid June	Early August	September 10	October 29
Fall Volleyball	Late June	Early October	November 5	December 17
Winter Basketball	Early September	Early December	January 14, 2017	March 4, 2017
Spring Soccer	Early December	Early February	March 8, 2017	April 29, 2017
Spring Base/T-Ball	Early December	Early April	May 13, 2017	July 1, 2017

## **GYMNASTICS**

The love of gymnastics is combined with quality coaching and safety to help each gymnast maximize his or her potential. Gymnastics has something to offer everyone – whether in a recreational or competitive setting. Hart's gymnastic program is family-friendly while offering the highest quality of coaches and staff. Classes to be held at Hart's Gymnastic Center, 26415 79th Ave S. Kent, WA 98032.

#### **MOVEMENT - Ages 16 mos.-3 years**

This Parent & Tot class is the ideal place to have organized safe fun exploring movement with your child in a gymnastic environment.

Class	Age	Date	Day	Time	Fee
32204	16m-3	7/9-7/30	Sat	9-9:45 a.m.	\$55
32205	16m-3	8/6-8/27	Sat	9-9:45 a.m.	\$55

#### **PRESCHOOL - Ages 3-5**

This class is designed for the preschooler who is ready to participate without the help of a parent/guardian. They will continue to explore movement through gymnastics as they go through tunnels, clumb over blocks, cross balance beams, and explore the gym.

Class	Age	Date	Day	Time	Fee
32208	3-5	6/29-7/27	W	3-3:45 p.m.	\$55
32209	3-5	6/29-7/27	W	5-5:45 p.m.	\$55
32219	3-5	6/29-7/27	W	6-6:45 p.m.	\$55
32210	3-5	7/9-7/30	Sat	10-10:45 a.m.	\$55
32211	3-5	7/9-7/30	Sat	11-11:45 a.m.	\$55
32207	3-5	7/11-8/1	M	5-5:45 p.m.	\$55
32220	3-5	7/11-8/1	M	6-6:45 p.m.	\$55
32213	3-5	8/3-8/24	W	3-3:45 p.m.	\$55
32214	3-5	8/3-8/24	W	5-5:45 p.m.	\$55
32218	3-5	8/3-8/24	W	6-6:45 p.m.	\$55
32215	3-5	8/6-8/27	Sat	10-10:45 a.m.	\$55
32216	3-5	8/6-8/27	Sat	11-11:45 a.m.	\$55
32212	3-5	8/8-8/29	M	5-5:45 p.m.	\$55
32217	3-5	8/8-8/29	M	5-5:45 p.m.	\$55

### **BOYS - AGES 6-12**

Boys will learn beginning level skills on the six Olympic men's events while also enjoying the trampoline and loose foam pits.

Class	Age	Date	Day	Time	Fee
32240	6-12	7/11-8/1	Μ	5-5:55 p.m.	\$62
32241	6-12	8/8-8/29	M	5-5:55 p.m.	\$62

#### **GIRLS - AGES 6-12**

Students learn the basics of fun and safe gymnastics while emphasizing basic gymnastic skills, safety, strength, and flexibility. They will expand their skills with use of the trampoline and working on all Olympic events.

Class	Age	Date	Day	Time	Fee
32224	6-12	6/29-7/27	W	5-5:55 p.m.	\$62
32225	6-12	6/29-7/27	W	6-6:55 p.m.	\$62
32235	6-12	6/29-7/27	W	7-7:55 p.m.	\$62
32226	6-12	7/9-7/30	Sat	10-10:55 a.m.	\$62
32227	6-12	7/9-7/30	Sat	11-11:55 a.m.	\$62
32222	6-12	7/11-8/1	M	5-5:55 p.m.	\$62
32223	6-12	7/11-8/1	Μ	6-6:55 p.m.	\$62
32234	6-12	7/11-8/1	M	7-7:55 p.m.	\$62
32230	6-12	8/3-8/24	W	5-5:55 p.m.	\$62
32231	6-12	8/3-8/24	W	6-6:55 p.m.	\$62
32237	6-12	8/3-8/24	W	7-7:55 p.m.	\$62
32232	6-12	8/6-8/27	Sat	10-10:55 a.m.	\$62
32233	6-12	8/6-8/27	Sat	11-11:55 a.m.	\$62
32228	6-12	8/8-8/29	Μ	7-7:55 p.m.	\$62
32229	6-12	8/8-8/29	Μ	10-10:55 a.m.	\$62
32236	6-12	8/8-8/29	Μ	11-11:55 a.m.	\$62

## Summer Camp - AGES 6-12

This 5-day Summer Camp includes all gymnastics events, tumbling, tramps, loose foam pit, Wacky World inflatable, crafts and a Hart's Gymnastics t-shirt.

Class 32203 32419	Age 6-13 6-13	Date 6/27-7/1 7/18-7/22	Day M-F M-F	Time 8 a.m3 p.m. 8 a.m3 p.m.	Fee \$150 \$150 \$150
32420	6-13	8/8-8/12	M-F	8 a.m3 p.m.	\$150

\* Discount to \$250 for two siblings or \$325 for three siblings





## **KIDZ LOVE SOCCER**

This program provides children with the positive framework whereby all players are nurtured, built up and developed as young athletes. A typical class includes



age-appropriate soccer activities: warm up, skill introduction, games and instructional scrimmages always conducted in a non-competitive, recreational format.

#### **MOMMY/DADDY & ME SOCCER**

As you and your child participate in fun, age-appropriate activities, your child will be developing their large motor skills and socializing skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer parents are a part of the action! Each child receives a Kidz Love Soccer jersey!

Class	Age	Date	Day	Time	Fee	
32257	2-3.5	6/22-7/20	W	6:00-6:30 p.m.	\$65	
32418	2-3.5	8/3-8/31	W	6:00-6:30 p.m.	\$65	

#### **TOT & PRE-SOCCER**

Little tykes will enjoy running and kicking just like the big kids! Children will learn the basic techniques of the game while building self-esteem and learning to follow instructions in a nurturing teaching environment. Each participant receives a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Class	Age	Date	Day	Time	Fee	
32255	3.5-5	6/22-7/20	W	5:15-5:50 p.m.	\$65	
32416	3.5-5	8/3-8/31	W	5:15-5:50 p.m.	\$65	

#### **SOCCER 1: TECHNIQUES & TEAMWORK**

Players will learn dribbling, passing, receiving, shooting, defense, etc. Fun skill games are played at every session. Small-sided soccer matches will be introduced gradually. Each participant receives a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Class	Age	Date	Day	Time	Fee	
32254	5-6	6/22-7/20	W	4:30-5:15 p.m.	\$65	
32415	5-6	8/3-8/31	W	4:30-5:15 p.m.	\$65	



#### **SOCCER 2: SKILLZ & SCRIMAGES**

Kidz will enjoy advanced skill building: dribbling, passing, receiving, shooting, etc. in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All skill levels are welcome to come enjoy the world's most popular sport! Each participant

receives a Kidz Love Soccer jersey! Shin guards are required.

Class	Age	Date	Day	Time	Fee
32256	7-10	6/22-7/20	W	3:45-4:30 p.m.	\$65
32417	7-10	8/3-8/31	W	3:45-4:30 p.m.	\$65

SOCCER IS HELD

## **TRACK**

#### XTREME SPEED CLINIC

The Xtreme Speed Clinic exists to teach proper sprinting mechanics and speed development in a 1-1 to small group setting. Participants will receive hands on teaching on not only how to properly run, but how do develop speed to apply to all sports. This clinic will help all athletes develop in speed for their up and coming season sports.

Clinic is run by Rob Thomas the President of Xtreme Speed Track Club and head track and field coach at Kentwood High School, along with other USATF Certified track and field coaches and other nationally ranked athletes. Each participant will receive an Xtreme Speed t-shirt. Located at the Kentwood High School turf field.

Class	Grades	Date	Time	Fee
32286	K-6th	June 20, 21, 27, 28	6-7:30 p.m.	\$75

#### **KENTWOOD TRACK CAMP**

The Kentwood Track and Field Youth Summer Camp will teach participants the basic components of Track and Field. Campers will be exposed to all event areas of Track and Field and will have multiple opportunities to learn and practice.

Parents are encouraged to come on Thursday for a camp track meet. Camp is run by Rob Thomas the head Track and Field coach at Kentwood High School, as well as assistant coaches, and current and former Kentwood athletes. Register by June 26 to guarantee a camp t-shirt. Daily snacks will be provided. Located at the Kentwood High School turf field.

Class	Grades	Date	Time	Fee	
32285	K-6th	July 11-14	9 a.m12 p.m.	\$75	
*\$20 pe	r day drop	o-in rate also d	available.		

## **SKYHAWKS SPORTS CAMPS**

#### **SOCCER CAMP**

Skyhawks is the nation's #1 camp for learning the fundamentals of soccer.
Using a progressional curriculum, boys and girls will gain the technical skills and sport knowledge.

and girls will gain the technical skills and sport knowledge required for that next step into soccer. Campers should bring lunch, snacks and a water bottle. Shin guards are also required.

Class	Age	Date	Day	Time	Fee
32288	7-12	7/5-7/8	Tue-F	9 a.m3 p.m.	\$125
*Locate	d at Cov	ington Com	munity P	ark .	

#### **CHEERLEADING CAMP**

Skyhawks Cheerleading teaches kids the essential skills to lead crowds and support the home team! Each cheerleader learns proper hand and body movements and jumping techniques. The week concludes with a choreographed performance. Campers should bring two snacks and a water bottle.

Class	Age	Date	Day	Time	Fee
32292	6-10	7/18-7/22	M-F	9 a.m12 p.m.	\$115
*Locate	ed at Ke	ntwood High S	School	·	

#### **BASKETBALL CAMP**

This fun, skill-intensive program is designed for beginning to intermediate athletes. An active week of passing, shooting, dribbling and rebounding makes this one of the most popular programs. Boys and girls will also learn vital life lessons such as respect, teamwork and responsibility. Campers should bring lunch, snacks and a water bottle.

Class	Age	Date	Day	Time	Fee	
32293	7-12	7/18-7/22	M-F	9 a.m3 p.m.	\$149	
*Locate	d at Ke	ntlake High So	chool A	Auxillary Gym		

#### **MINI HAWK CAMP**

Skyhawks multi-sport programs are tailored to your child's age and skill level while teaching life lessons such as respect and teamwork. Tiny-Hawk™ and Mini-Hawk® programs give children a fun and positive first step into athletics. Campers should bring two snacks and a water bottle. Shin guards are also required.

Class	Age	Date	Day	Time	Fee	
32290	4-6	7/18-7/22	M-F	9 a.m12 p.m.	\$115	
*Locate	ed at Co	vington Comn	nunity I	Park		

#### **LACROSSE CAMP**

Lacrosse combines basic skills used in soccer, basketball and hockey into one fast-paced game. Boys and girls will learn the fundamentals of stick handling, cradling,

passing and shooting in a fun, non-checking environment. Campers should bring two snacks and a water bottle.

Class	Age	Date	Day	Time	Fee	
32291	7-12	7/25-7/29	M-F	9 a.m12 p.m.	\$135	
*Locate	d at Co	vington Comr	nunity I	Park .		

#### **FLAG FOOTBALL CAMP**

Boys and girls learn skills on both sides of the football including the core components of passing, catching and defense - all in a fun and positive environment. Campers should bring two snacks and a water bottle.

Class	Age	Date	Day	Time	Fee
32289	7-12	8/1-8/5	M-F	9 a.m12 p.m.	\$115
*Locate	ed at Co	vington Com	munity I	Park	

#### **VOLLEYBALL CAMP**

Kids will learn the fundamentals of volleyball through our progressional curriculum and boys and girls will gain the technical skills and sport knowledge required for that next step into volleyball. Campers should bring a lunch, snack, water bottle and shin guards.

Class	Age	Date	Day	Time	Fee
32295	7-12	7/11-7/15	M-F	9 a.m3 p.m.	\$145
*Locate	d at Ke	ntwood High :	School		

## **ADDITIONAL SPORTS CAMPS**

#### **YOUTH TOUCH RUGBY CAMP**

Kent Crusaders Rugby Football Club is holding a week long youth rugby clinic. Rugby is a fast paced game where every player touches the ball, has an opportunity to score and is a true team sport. Rugby is a great compliment to other sports and at the same time is a sport for all shapes and sizes, and players new and returning. Whether you have played a sport or not you will love rugby!

Class	Age	Date	Day	Time	Fee
32199	8-18	8/22-8/26	M-F	3-5:30 p.m.	\$45
*Locate	d at Co	vinaton Comm	unity	Darb	

#### **EBI BASKETBALL CAMP**

Eastside Basketball Institute partners with the City of Covington in teaching campers to learn proper ball handling and shooting techniques. They will practice drills that they can do themselves at home. This camp is great for all ages and positions. Campers will be divided by age and ability to enhance their learning experience. Camps include contests, games, skill work, drills, camp shirts, and more!

Class	Age	Date	Day	Time	Fee
32422	7-14	8/15-8/18	M-Th	9 a.m12 p.m.	\$135
*Locate	d at Ke	ntwood High S	School		

## **BRICKS 4 KIDZ SUMMER CAMPS**

#### **SUMMER CAMP 1 - MINING & CRAFTING**

Experience the world of Minecraft in a fun and interactive camp. Participants will begin with crafting their shelters using special Minecraft LEGO bricks. Each day they will face new challenges building motorized models and crafting mobs, critters, tools and elements from the popular game. Motorized models using LEGO bricks, gears and motors will maximize the action and the fun!

Class	Age	Date	Day	Time	Fee	
32405	5-12	7/11-7/14	M-Th	9 a.m12 p.m.	\$200	
*Only \$.	350 to (	combine Camp	1 and 2 ;	for a full day.		

#### **SUMMER CAMP 2 - MINING & CRAFTING 2**

Steve is jumping for joy as he introduces the newest members of his Minecraft world. Participants will be challenged to bring their virtual designs to life by building new mob figures, mosaics, and custom models, incorporating LEGO Bricks. (First session not required to attend second).

Class	Age	Date	Day	Time	Fee	
32406	5-12	7/11-7/14	M-Th	1-4 p.m.	\$200	
*Only \$	350 to d	combine Camp	1 and 2	for a full day	<i>/</i> .	

#### **SUMMER CAMP 3 - ANIMAL GROSSOLOGY**

For those fascinated by the weird but true, wild and wacky, gross and yucky, then this is the camp to be at! Participants will spend the week discovering the zany biology of animas. Each day we'll explore fascinating facts about the animal kingdom, focusing on a "creature of the day". Build a different animal LEGO model each day and fill an "Animal Grossology" booklet with crazy and cool facts, complete with a picture of each model, to become a certified Bricks 4 Kidsz Grossologist!

Class	Age	Date	Day	Time	Fee
32407	5-12	7/18-7/21	M-Th	9 a.m12 p.m.	\$140

#### **SUMMER CAMP 4 - BRICKS 4 GIRLZ**

Girls should grab their friends and head to camp for a girls-only week of crafting and creating with LEGO bricks. Participants will build adorable houses, cafes and fun motorized girl-oriented models. Do lots of other unique things with bricks, from jewelry making to brick art to origami, with a take-home project each day. There are "NO BOYS ALLOWED!" because this camp is all about girls!

Class	Age	Date	Day	Time	Fee
32408	5-12	7/18-7/21	M-Th	1-4 p.m.	\$160

#### **SUMMER CAMP 5 - NINJA SPINNING CAMP**

LEGO and Ninjago fans will spin with excitement in this action-packed camp! Build motorized models including spinners using the Bricks 4 Kidz model kits. Participants can compete in a Spinjitsu tournament, where boys and girls ninja mini figures spin into tornadaoes to defeat ther enemies. They can enter the Spinjitsu Zone and show off building skills. Imagination and creativity will abound as campers build cool models, battle with their mini figures, customized battle arenas, tools, vehicles, learn ninja styles and more!

Class	Age	Date	Day	Time	Fee	
32409	5-12	8/1-8/4	M-Th	9 a.m12 p.m.	\$140	

#### **SUMMER CAMP 6 - STAR & WARS ADVENTURE**

Inspired by Star Wars and NASA, the Star & Wars Adventure Camp is packed full of models that will make kids' imaginations blast off! Each day participants will learn about real-life space exploration and make models related to space. The day also includes LEGO Star Wars themed models, group games, challenges and more. May the brick force be with you!

Class	Age	Date	Day	Time	Fee
32410	5-12	8/1-8/4	M-Th	1-4 p.m.	\$160

#### **SUMMER CAMP 7 - BRICK DESIGNER CAMP**

How do LEGO brick model designers come up with their ideas? Where do they begin, and how do the ideas go from concept to completion? This camp will explore the creative process of model design. Participants will learn how the function of different LEGO components can work to create all kinds of solid structures and moving parts. Campers will have the opportunity to present their own design to the whole class .

Class	Age	Date	Day	Time	Fee	
32411	7-12	8/8-8/11	M-Th	9 a.m12 p.m.	\$160	

#### **SUMMER CAMP 8 - JR. ROBOTICS**

This camp offers all the fun of building with LEGO bricks, PLUS the challenge of computer pogramming! Using dragand-drop inco-based software provides an introduction into the world of computer programming and robotics that will equip children to succeed in a technology-based marketplace. This fun, action-packed week combines real-life skills with real-kid fun!

Class	Age	Date	Day	Time	Fee
32412	7-12	8/8-8/11	M-Th	1-4 p.m.	\$160

\*Students should bring a snack and those who combine a morning and afternoon camp should bring a sack lunch for a free-play lunch with supervision. Each camper receives a t-shirt and mini-figure at the end of the week.

## **SUMMER CAMP 9 - MOVIE AND COMICS WITH LEGO BRICKS**

Bricks, Camera...LEGO Action! Campers will explore the artistic form of movie and comic book design and learn to create a personalized edition. They will create their own characters, develop story lines and incorparate pictures of actual sets, all designed with LEGO Bricks! Participants will snap pictures and upload them utilizing a software program to create one of a kind movies and comic books. The week ends with a screening party for friends and family and campers take home a USB wristband with all of the movies and comics to share.

Class	Age	Date	Day	Time	Fee
32413	7-12	8/15-8/18	M-Th	9 a.m12 p.m.	\$200
*Only \$3	350 to	combine Camp	9 and	10 for a full day.	

#### **SUMMER CAMP 10 - SPACE EV3 ROBOTICS**

This camp explores the cutting edge of technology with the LEGO MINDSTORMS EV3 Robotics and its expansion set. Campers will incorporate the newest generation of motors, sensors, software and computer programming. They will make a Space Alien talk, build awesome tools for astronauts, and program a rover to move by itself. This camp is a fun and challenging introduction to the world of robotics for the advanced LEGO enthusiasts and budding engineers.

Class	Age	Date	Day	Time	Fee
32414	9-14	8/15-8/18	M-Th	1-4 p.m.	\$200
*Only \$3	350 to cor	nbine Camp	9 and 10	for a full day.	

### **MUSIC CAMP**

#### **COVINGTON CHILDREN'S CHORUS**

Add some sizzle and sparkle to your summer by singing with the Covington Children's Chorus. The session theme is "Sounds of Summer" and will include some favorites such as selections from Frozen and Broadway, as well as patriotic and multi-cultural songs. Kids will learn basic vocal and choral techniques as well as music fundamentals. There will be a concert at the end of the session and opportunities to participate and perform in the Covington Days Parade and Covington Kidsfest. Registration fee includes a choir T-shirt.

Class	Grades	Date	Day	Time	Fee
32200	K-6th	6/20-7/1	M-F	10 a.m12 p.m.	\$145
*\$120 fo	r each ac	lditional chi	ild. Loca	ted at Kentlake H	igh School.

## **CLASSES**

#### KIDS IN THE KITCHEN

Students will learn how to make their own 10 minute pizza crust, amazing homemade lemonade, royal icing sugar cookies, homemade panckaes, as well as cupcakes without the box, and from scratch: icing and chocolate

truffles. Each student will take home a copy of the recipes they make, the skills to make them at home and any extra yummy treats that aren't consumed in class.

Class	Age	Date	Day	Time	Fee	
32401	8-14	7/18-7/22	M-F	9 a.m12 p.m.	\$225	

#### **SAFE AT HOME**

This two hour course is designed for children ages 8-11 to learn to be aware of potential dangers when left home alone. Come learn how to be responsible and safe in any situation. We will cover family communication, first aid, internet, gun, phone, fire, and door safety.

Class	Age	Date	Day	Time	Fee
32202	8-11	8/6	Sat	2-4 p.m.	\$30



#### **SUPER SITTERS**

Boys and girls, come for a day of fun while earning your Super Sitters certificate. This class will cover leadership and the business of babysitting, basic care for children, understanding children of different age groups, safety, and first aid. Bring a sack lunch and snack to class.

Class	Age	Date	Day	Time	Fee	
12201	11-16	8/6	Sat	9 a.m2 p.m.	\$65	

#### **WEB STUDIO**

This class is a combo of animation and web design classes. Students will learn the basics of animation and digital design. Students will not only create fun interactive animation but will learn the basics of web design and how to publish their animations to share with the world. This course is perfect for students with a big imagination.

Class	Age	Date	Day	Time	Fee
32402	9-15	7/11-7/14	M-Th	9 a.m12 p.m.	\$160

## **CLASSES**

#### **VIDEO GAME DESIGN**

This course provides students with a fun interactive look at the world of video game design and evelopment. Students enrolled in this camp will learn the basics of video game design and produce several interactive video games to share with their friends and family.

Class	Age	Date	Day	Time	Fee
32403	9-15	7/11-7/14	M-Th	1-4 p.m.	\$175
32423	9-15	7/18-7/21	M-Th	9 a.m12 p.m.	\$175

#### **MOVIE MAKERS**

This hands-on, interactive course will instruct students on the world of digital video design and production. Students will film, direct, and edit their own digital video creations. Students enrolled in this course will amaze their peers with green screen and special effects work.

Class	Age	Date	Day	Time	Fee
32404	9-15	7/18-7/21	M-Th	1-4 p.m.	\$155



### **CAMP ADVENTURE**

Go on a new adventure every day during this 5-day-long summer camp program for 6th-9th graders. Campers will enjoy everything from zip lining and kayaking to archery and even cooking! A camp t-shirt is included.

**NEW!** 

#### **DAY 1 - "I CAN DO HARD THINGS"**

#### **SBCC Challenge Course and Zip Tour**

A series of thrills await you at the Bellevue High Ropes Course. Your team will climb their way up to the aerial obstacle course of rope swings, cable crossings, a cargo net and much more. Raise your self-confidence as you push your physical and mental limits.

#### DAY 2 - "BE OF SERVICE"

#### Lake Sammamish State Park

We will start day two off with a service project in conjunction with the Friends of Lake Sammamish State Park. After beautifying the park, we'll tour the lake by kayak as we learn about the wildlife in the area. To end the day you can swim, paddle board, play Frisbee or volleyball, or just relax and enjoy the beach.

#### **DAY 3 - "DISCOVERING THE WORLD"**

#### **Discovery Park Seattle**

Day three takes us into Seattle to the 534-acre Discovery Park situated on Magnolia Bluff overlooking the Puget Sound. We'll take the classroom outside as we explore and learn in the low-tide pools. We'll also have adventures finding many of the parks geocaching sites and wrap-up the day with a team photo scavenger hunt.

#### **DAY 4 - "FINDING FRIENDS"**

#### **Camp Casey Arlington**

We will spend our day having fun with friends at Camp Casey in Arlington. Try your hand at archery, a giant slip n' slide, floating the river, and playing a variety of team games. Teams will also compete in a field day tournament.

### DAY 5 - "I AM WHAT I EAT"

#### Remlinger Farms & Snoqualmie Falls

We will end the week traveling to Remlinger Farms to pick fresh raspberries, strawberries, and other produce. Then we'll visit Snoqualmie Falls for a short hike. After our hike we'll return to Covington where we'll learn to cook healthy and nutritious snacks with the food we picked! To celebrate the week we will hold a family night this evening at 6:00pm where families are invited to come and learn about our week's adventures and what we discovered.

Class	Grades	Date	Day	Time	Fee
32100	6th-9th	8/1-8/5	M-F	8 a.m5 p.m.	\$275
*Early drop-off begins at 7 a.m. with late pick-up until 6 p.m.					

## **Adult Recreation**

## FITNESS, CLASSES & EVENTS

#### **BOOTCAMP - OUTDOOR GROUP FITNESS**

This high intensity interval training (HIIT) program Incorporates strength, balance, agility, core stability, cardio, and flexibility. The experience will include constant motivation, positive reinforcement, and a fun, safe environment and is perfect for all different fitness levels, ages and sizes. Register at www.fitnessbootcampnow.com or email Melissa at info@fitnessbootcampnow.com for more information. \*Saturday only option - \$40.

Class	Age	Date	Day	Time	Fee
32271	14+	7/2-7/30	Tue/Th + Sat	5:30-6:15 a.m. 7:30-8:15 a.m.	\$108
32274	14+	7/2-7/30	Tue/Th	6-6:45 p.m.	\$108
			+ Sat	7:30-8:15 a.m.	
32272	14+	8/2-8/30	Tue/Th + Sat	5:30-6:15 a.m. 7:30-8:15 a.m.	\$108
					_
32275	14+	8/2-8/30	Tue/Th	6-6:45 p.m.	\$108
			+ Sat	7:30-8:15 a.m.	

<sup>\*</sup>Located in the Covington Community Room.

#### SUMMER GOURMET DESSERTS

Students learn to make homemade gourmet summer favorites from a professionally trained pastry chef. Desserts include chocolate ganache, lemonade, crème brulee, fruit curds, meringue, a variety of pie crusts, cheesecake, whip cream, pastry cream, chocolate fondue, and mousse. Instruction includes demos and hands-on learning. Classes will include the taste testing of desserts made. Students will learn skills to impress their family and friends!

Class	Age	Date	Day	Time	Fee	
32421	14+	7/6-8/3	W	7-8:30 p.m.	\$150	
*Located in the Covington Community Room.						

#### **SAUSAGE AND CIDER FEST**

Enjoy a relaxing evening at Covington Community Park with live music, lawn games, and ciders and sausage from around the region. This event is sponsored by the City of Covington and benefits the Covington Kiwanis Club and its service programs. Tickets can be purchased online at www.sausageandciderfest.com.

Age	Date	Day	Time	Fee
21+	August 20	Sat	3-7 p.m.	\$35-\$50

MAPLE VALLEY



PARKS AND RECREATION

The Covington Parks & Recreation Department aims to offer a wide variety of recreational and athletic opportunities to the community. If you don't find a class, sport or event in Covington, we encourage you to check in with our neighbors to the east - Maple Valley. These are a few of their opportunities.

## **SLUG TO 5K GROUP TRAINING**

Train for a summer 5k with this FUN, supportive, non-competitive, and social training group designed for beginners or runners who have taken an extended break. Training starts with run/walk intervals, tons of conversation and ends with you running a 5K with lots of high fives! Training Includes: training plan and weekly group run; video gait analysis; Facebook private 'Slug to 5k' group; and a 5k and finishers medal.

Visit the Pip Running website at www.piprunning.com to view coach bios, pictures from runs and testimonials. Visit www.maplevalleywa.gov for more information and registration.

## **TENNIS LESSONS**

Heager Orthodontics sponsored summer tennis lessons are for players of all skill levels and ages (over 7 years old). Lessons are held at Lake Wilderness Park and are limited to 12 players, which helps for a more personal instruction and faster improvement. There are six weeks of sessions available, with each session running three days a week for a total of 4.5 hours of on–the-court instruction time. Registration deadline is the first day of each session or when full. The \$42 Fee is for a one week session. Players may register for more than one week and registration includes one t-shirt.



## **SWIM LESSONS**

#### **LEARN TO SWIM**

We are pleased to offer a comprehensive program designed by the American Red Cross. Classes are offered for all ages and all ability levels. Beginning levels focus on water adjustment and introduce basic swimming and water safety skills. More advanced levels concentrate on stroke development, stroke refinement and additional water safety skills.

#### WHAT CLASS IS RIGHT FOR YOU?

Each swimming level focuses on different skills, depending on age and ability. If the student is a beginner, they will start in the first level of Parent & Child Aquatics, Preschool Aquatics, Learn-to-Swim, or Adult Swim Lessons, depending upon their age. If the student has had lessons before or has some swimming experience, their swimming ability needs to be assessed to determine the appropriate level in our swimming lesson program. We provide placement tests free of charge during our regularly scheduled public swims.

Ages	Classes
6 months-4 years	Parent & Child Aquatics Levels 1 & 2
4-5 years	Preschool Aquatics Levels 1-3
6-14 years	Learn to Swim Levels 1-6
15+ years	Adult Lessons Intermediate and Advanced

#### THE FIRST DAY

Arrive early and know the time and level of your lesson. Instructors will meet the registered students at the location indicated on your registration receipt. Each class meets at a station, which is easily found by locating the signs around the perimeter of the pool area. Students should wait next to the sign until the class begins and an instructor calls out the student's name.

#### REGISTRATION FOR ENROLLED STUDENTS

On Grade Day, instructors will make final determinations as to whether each student should progress to the next level or continue working on their skills in their current level. Immediately after class, students may find out which level to enroll in for their next lesson session at the front desk. If you prefer not to wait until Grade Day to register you may only register early for the level in which your child is currently enrolled.

#### **HOW TO REGISTER**

For individual class availability and registration, please visit www.covingtonwa.gov/cac, contact us over the phone at (253) 480-2480, or come see us in person at the Covington Aquatic Center, 18230 SE 240th St. in Covington.

#### **SWIM LESSONS SCHEDULES**

Days	Date	Grade Day	# Classes
Mon Fri.	6/20-7/1	6/29	10
Mon. & Wed.	6/20-7/20	7/18	9
Tue. & Thurs.	6/21-7/21	7/19	10
Friday	6/24-8/26	8/19	10
Saturday	6/25-8/27	8/20	10
Sunday	6/26-8/28	8/21	10
Mon Fri.	7/5-7/15	7/13	9
Mon Fri.	7/18-7/29	7/27	10
Mon. & Wed.	7/25-8/24	8/22	10
Tue. & Thurs.	7/26-8/25	8/23	10
Mon Fri.	8/1-8/12	8/10	10
Mon Fri.	8/15-8/26	8/24	10

#### **SWIM LESSONS PRICING**

Class	Fee	CDF	# Classes
Parent & Child	\$63.00	\$51.75	9
Preschool/LTS	\$87.75	\$72.00	9
Competitive	\$139.50	\$114.75	9
Parent & Child	\$70.00	\$57.50	10
Preschool/LTS	\$97.50	\$80.00	10
Competitive	\$155.00	\$127.50	10

\*All fees are as of Aug. 31, 2015, and are subject to change per CMC 8.40.040. The Covington Resident Fee (discounted) is denoted with CDF.

## **WATER EXERCISE**

The American College of Sports Medicine suggests rhythmic, continuous exercise 3-5 days a week for 20-60 minutes – depending on the exercise. Water exercise classes are great aerobic and cardiovascular workouts that will help you increase your cardiovascular endurance, improve your heart rate, and help lower cholesterol and blood pressure. All of our water exercise classes are 1-hour long, and are seperated into four different classes as listed below. WaterX classes are available on a drop-in basis on the days and times listed on the pool schedule.

#### **WATERX BOOTCAMP**

This class is for individuals who would like a low impact, but intense cardio, and muscle building workout, incorporating a mixed version of Shallow and Deep WaterX classes.

#### **WATERX STRETCH**

Classes located in the shallow end, they focus on strengthening joints, core, and stretching all the minor and major muscle groups of our body. It does this by incorporating proper breathing, balance, and warm-up of the muscles.

#### **WATERX - SHALLOW AEROBICS**

Classes located in the shallow end which utilizes aerobic and cardiovascular components. Being low-impact classes, they emphasize stretching, developing muscular strength, and developing range of motion.

### **WATERX - DEEP AEROBICS**

Classes located in the deep end which give one of the greatest aerobic and toning workouts available with no impact to the body's joints! These aerobic and cardiovascular classes provide muscular conditioning with particularly excellent core strengthening.

#### WATERX CLASS PRICING

Program	General Fee	CDF
Drop-In Youth/Adult	\$8.25	\$6.75
Drop-In Senior Disabled	\$6.50	\$5.25
10-Visit Card Youth/Adult	\$74.25	\$60.75
10-Visit Card Senior/Disabled	\$58.50	\$47.25

#### WATERX MEMBERSHIP PRICING

Program	General Fee	CDF
3-Month Youth/Adult	\$170.00	\$140.00
3-Month Senior Disabled	\$130.00	\$105.00
12-Month Youth/Adult	\$340.00	\$280.00
12-Month Senior/Disabled	\$260.00	\$210.00
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\*Monthly payment plan available for 12-Month Memberships



# What equipment do we use?

Our WaterX Classes utilize Hydro-Fit™ equipment which is the gold-standard of water exercise equipment and is the preferred choice among fitness enthusiasts.

Equipment for use during the class is provided by the Aquatic Center, but it is also available for purchase for those who want their own personal equipment.



Find us on Facebook at www.facebook.com/covingtonaquaticcenter

## **POOL SCHEDULE 6/20-8/28**

#### **SUNDAY**

9:30 a.m10:30 a.m.	WaterX Deep Aerobics
9:30 a.m12:00 p.m.	Swimming Lessons
11:30 a.m1:00 p.m.	Lap Swim
12:00 p.m1:00 p.m.	Family Swim
1:00 p.m2:00 p.m.	Public Swim
2:00 p.m5:00 p.m.	Private Parties

#### **MONDAY/WEDNESDAY**

1-10 HDAIT HED HESD	AL .
5:30 a.m7:00 a.m.	Lap Swim
7:30 a.m8:30 a.m.	WaterX Bootcamp
8:30 a.m9:30 a.m.	WaterX Shallow Aerobics
8:30 a.m12:00 p.m.	Swimming Lessons
9:30 a.m10:30 a.m.	WaterX Deep Aerobics
11:30 a.m1:00 p.m.	Lap Swim
12:00 p.m1:00 p.m.	Family Swim
2:00 p.m3:00 p.m.	Public Swim
3:00 p.m4:00 p.m.	Public Swim
4:00 p.m7:00 p.m.	Swimming Lessons
7:00 p.m8:00 p.m.	Public Swim
8:00 p.m9:00 p.m.	WaterX Bootcamp & Lap & Family Swim

#### TUESDAY/THURSDAY

TUESDAT/ THURSDA	
7:30 a.m8:30 a.m.	WaterX Stretch
8:30 a.m9:30 a.m.	WaterX Shallow Aerobics
8:30 a.m12:00 p.m.	Swimming Lessons
9:30 a.m10:30 a.m.	WaterX Deep Aerobics
11:30 a.m1:00 p.m.	Lap Swim
12:00 p.m1:00 p.m.	Family Swim
2:00 p.m3:00 p.m.	Public Swim
3:00 p.m4:00 p.m.	Public Swim
4:00 p.m7:00 p.m.	Swimming Lessons
7:00 p.m8:00 p.m.	Public Swim
8:00 p.m9:00 p.m.	WaterX Deep Aerobics & Lap/Family Swim

#### **FRIDAY**

5:30 a.m7:00 a.m.	Lap Swim
7:30 a.m8:30 a.m.	WaterX Bootcamp
8:30 a.m9:30 a.m.	WaterX Shallow Aerobics
8:30 a.m12:00 p.m.	Swimming Lessons
9:30 a.m10:30 a.m.	WaterX Deep Aerobics
11:30 a.m1:00 p.m.	Lap Swim
12:00 p.m1:00 p.m.	Family Swim
2:00 p.m3:00 p.m.	Public Swim
3:00 p.m4:00 p.m.	Public Swim
4:00 p.m7:00 p.m.	Swimming Lessons
7:00 p.m8:00 p.m.	Half-Public Swim & Lap Swim
8:00 p.m9:00 p.m.	Public Swim (Promotional)
9:00 p.m10:00 p.m.	Public Swim (Promotional)

#### **SATURDAY**

8:30 a.m9:30 a.m.	Special Athletes Swim	
8:30 a.m12:00 p.m.	Swimming Lessons	
9:30 a.m10:30 a.m.	WaterX Deep Aerobics	
11:30 a.m1:00 p.m.	Lap Swim	
12:00 p.m1:00 p.m.	Family Swim	
1:00 p.m2:00 p.m.	Public Swim	
2:00 p.m3:00 p.m.	Public Swim	
3:00 p.m8:00 p.m.	Private Parties	

## **RECREATIONAL SWIMS**

Lap Swims, Family Swims, Public Swims, and Friday Night Promotional Swims are available on a drop-in basis. Visit our website at www.covingtonwa.gov/cac to view our pool schedule and Google Calendar.

### **LAP SWIMS (per swim)**

	· ·	•		
Program			General Fee	CDF
Youth/Adult S	ingle		\$6.50	\$5.25
Youth/Adult 1	0-Visit Card		\$58.50	\$47.25
Senior Disabl	ed		\$4.50	\$3.75
Senior/Disab	led 10-Visit Car	rd	\$40.50	\$33.75

#### **PUBLIC & FAMILY SWIMS (per hour)**

Program	General Fee	CDF
Individual	\$4.50	\$3.75
Individual 10-Visit Card	\$40.50	\$33.75
Family Rate	\$13.50	\$11.25

#### FRIDAY NIGHT PROMOTIONAL PUBLIC SWIMS

	THOUSE TO SELECT	J1111-10
Program	General Fee	CDF
Individual - 1 Hour	\$3.50	\$2.75
Individual - 2 Hour	\$5.00	\$4.00

## **SWIM CANCELLATION DATES**

Swims will be cancelled or the pool will be closed on the following dates:

- **6/25/16:** Swim cancelled to make way for the free summer event "Summer Splashtacular" from 1-3 p.m.
- 7/4/16: Pool closed in observance of 4th of July
- **8/6/16:** No lap/family/or public swims due to the Seahorses Championship Swim Meet



\*All fees are as of Aug. 31, 2015, and are subject to change per CMC 8.40.040. The Covington Resident Fee (discounted) is denoted with CDF.

## **POOL RENTALS**

The pool is available to rent for private parties like birthdays, youth groups, and more.

Use of the following equipment is included in a pool rental:

- "Big Red" the large inflatable octopus
- The Water Slide
- Diving Board
- Rope Swing
- Water Basketball
- Mats, Noodles, Inner Tubes, and Life Jackets

# of Swimmers	General Fee	CDF	
1-25 swimmers	\$150.00	\$125.00	
26-60 swimmers	\$195.00	\$160.00	
61-90 swimmers	\$235.00	\$195.00	
91-120 swimmers	\$260.00	\$215.00	
121-151 swimmers	\$280.00	\$230.00	

<sup>\*</sup>Prices above are per hour

The party room accomodates up to 25 people and is available for an additional fee: \$45 General Fee or \$35 CDF. Party room can also be rented apart from the pool.

Reservations must be made prior to the rental. Facilities are booked by the hour, and payment must be received at the time of the reservation. To make a reservation, contact the Covington Aquatic Center at (253) 480-2480.

## **SUMMER SPLASHTACULAR**

Splash into summer with this fun and free water safety event!

Age	Date	Day	Time	Fee	
All Ages	June 25	Sat	1-3 p.m.	FREE!	

## **DASH & SPLASH**

This camp keeps you moving with outdoor group games and activities for the first hour, followed by an hour of in-water activities. Participants should wear comfortable workout clothing and running shoes to each class and bring a swimming suit, towel, water bottle, and sunscreen. Pubic swims imediately follow the Dash & Splash Camp from 2-4 p.m. Participants may stay for the public swims by paying the drop-in rate or purchasing an Aqua Membership. A summer Aqua Membership is included in the Dash & Splash Package

Class	Age	Date	Day	Time	Fee
3181.35.1200	6-14	6/21-7/21	T/Th	12-2 p.m.	\$97.50
3281.35.1200	6-14	7/26-8/25	T/Th	12-2 p.m.	\$97.50
3081.35.1200	6-14	6/30-8/20	T/Th	12-2 p.m.	\$112.50

## **SEAHORSES SWIM TEAM**



This summer recreational swim league is a great way for kids ages 6-15 to stay active during the summer. Team members take part in daily swim practice during the week and will compete in two regular meets during the summer and the championship meet on August 6 at the Covington Aquatic Center.

Swimmers should bring their swim suit, goggles, cap (if desired), towel, and water bottle.

Age	Date	Day	Time	Fee	CDF
6-8	6/20-8/6	M-F	10:30-11:30 a.m.	\$120	\$100
9-10	6/20-8/6	M-F	10:30 a.m12 p.m.	\$120	\$100
11-15	6/20-8/6	M-F	8-9:30 a.m.	\$120	\$100





## **JUNE 25**

Summer Splashtacular - 1-3 p.m.

Free water safety event at the Covington Aquatic Center.

#### **JULY 16-17** FREE!

## **Covington Days Festival**

Saturday 10 a.m.-7 p.m. and Sunday 10 a.m.-5 p.m. Enjoy the parade, music, kids' zone, arts and crafters, yummy food, and more! Located "downtown" at 169th Pl. SE & SE 270th Pl.

#### **JULY 22** FREE!

## Summer Concert - 6:30 p.m.

Enjoy a free concert by Hook Me Up at Covington Community Park.

#### **JULY 29** FREE!

## Summer Concert - 6:30 p.m.

Enjoy a free concert by Soul Purpose at Covington Community Park.

#### AUG 5 FREE!

## Summer Concert - 6:30 p.m.

Enjoy a free concert by Landslide at Covington Community Park.

## **AUG 13**

## KidsFest - 10 a.m.-2 p.m.

Covington KidsFest is always full of fun and free activities meant just for kids like inflatables, mascots and bike safety. Located in the Kohl's Parking Lot.

#### **AUG 19** FREE!

## Family Concert - 6:30 p.m.

Enjoy a free family concert by Kindie Rock Band The Not-Its at Covington Community Park.

#### **AUG 20 AGES 21+**

## Sausage & Cider Fest - 3-7 p.m.

Adults get to snack on sausage and sip cider from around the region while enjoying live music and lawn games at Covington Community Park (Ages 21+ only; tickets are \$35-\$50).

#### **AUG 26** FREE!

## Family Movie Night - 8:30 p.m.

Don't miss Star Wars: The Force Awakens on the outdoor big screen at Kentwood High School. Come dressed as your favorite character.











